

Phil Greening – Running. Speed Endurance 1

Session 1:

Warm up

- Straight line dynamic flex
- 2 x 15m, 2 x 25m accelerations

Need to complete with a stop watch

Session:

**0**                      **6 x 60m (9-11s)**                      walk back and repeat every 60s

60s recovery

**7 minutes**                      **6 x 100m (15-16s)**                      repeat every 60s

60m in 10-11s  
40m accelerate

2 minutes recovery

**18 minutes**                      **2 x 400m (60-70s)**                      60s walk, 60s slow jog

2 minutes recovery

**25 minutes**                      **6 x 100m (14-15s)**                      walk 50m, slow jog 50m

30m accelerate  
40m cruise  
30m sprint

**total time for session 32-33 minutes**

Phil Greening – Running. Speed Endurance 2

Warm up

- Straight line dynamic flex
- 2 x 15m, 2 x 25m accelerations

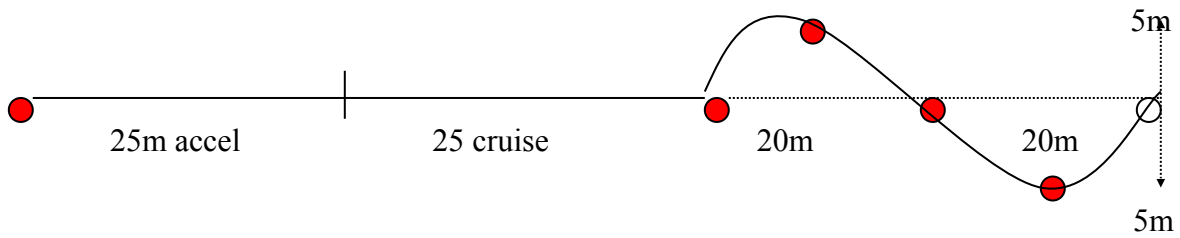
Session:

**1 x 700m (2mins 10s)**  
(approx 2 laps of pitch)

60s walk recovery

**7 x 100m (15-16s)**

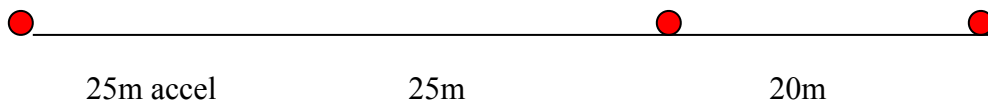
walk back recovery repeat every 90s



**straight into next set on 90s repeat timing**

**7 x 70 (11-12s)**

walk back recovery repeat every 90s



Phil Greening – Running. Speed Endurance 3

Warm up

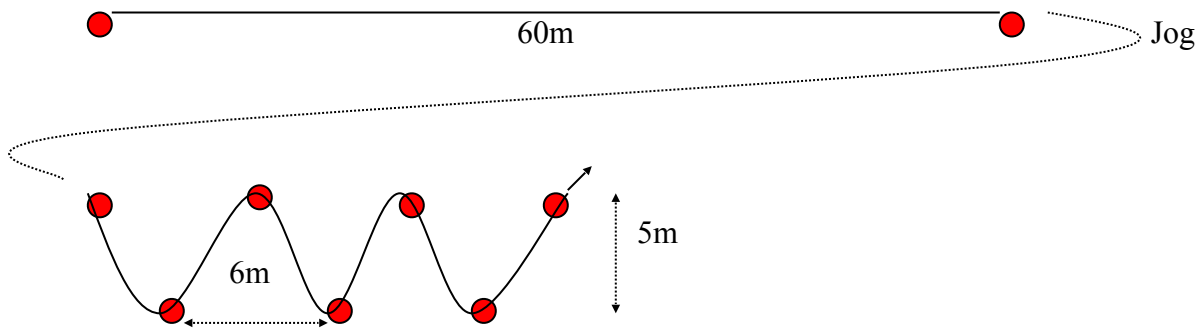
- dynamic flex
- 2x15m, 2x 25m accelerations
- 2x 30m accelerations from different start positions (e.g kneeling, front, back etc)

Session:

**4 x 1 lap around the pitch (70s)** 60s recovery  
sprint length, cruise width, sprint length, cruise width

**2 minutes recovery**

**6 x ( 60m in 8-10s → jog back → 6 x 6m zig zag )**



**2 minutes recovery**

**2 x lap around pitch (60s)** 60s recovery

**6 x (4 x 15 forward sprint/5m back off) (20-25s)** slow jog back

